

TAKE CHARGE!



for health and living

April 2013



Dealing with Depression - Treatment Options

If you or a family member struggle with depression, there are effective treatment options available.

The dominant symptoms of depression include feeling sad, negative or worthless; atypical anger or irritability; loss of interest or pleasure in doing things; and withdrawal from loved ones and friends; as well as unusual fatigue, insomnia or alcohol abuse.

While often ignored, depression is highly treatable with counseling, learned coping techniques, and medication, or some combination of these options.

Medication has become the most preferred treatment in recent years. It can help reduce the symptoms of moderate to severe depression. (These medications have potential side effects and require monitoring by the prescribing physician.)

Talk therapy is used to assess your mental health and to teach you how to cope better with symptoms or issues affecting your life. Ask your health care provider for help in choosing a therapist.

Although depression is diagnosed more often in women, men can also suffer from depression. If symptoms last more than 2 weeks, don't delay getting help. You can feel better.

A good place to start is with your primary care physician who may treat your depression or suggest a specialist.

City Events

Building Skills to Handle Life's Pressures Webinar

Tuesday, April 9
12 noon - 1:00 pm
Registration: See flyer*

Asset Allocation – Deferred Compensation

Thursday, April 18
12 noon - 12:45 pm
SMT 4080

Caring for Aging Loved Ones Webinar

Tuesday, April 23
12 noon - 1:00 pm
Registration: See flyer*

Purchasing a Home

Tuesday, April 23
12 noon - 1:00 pm
SMT 4050

What to Do When You Retire - Deferred Compensation

Wednesday, April 24
12 noon - 12:45 pm
SMT 4020
Registration: Call 447-1924

Free Blood Pressure Screening

Wednesday, April 24
Stop by between 10:30 am & 1:30 pm
SMT 4096

* Or, call Central Benefits at
(206) 615-1340.

Benefits News and Notes

- Need to check your **vision benefits**? Set up an account at vsp.com. Find a VSP Doctor, health articles and special offers for hardware, lenses, lasik surgery, and hearing aids.

Select Members tab; My Benefits; Register Now. Enter either the last four digits of you social security number or your Employee ID. Enter your first name, last name, and date of birth.

- Want to talk to a **professional counselor** about emotional or substance use issues? You and your household members have up to six in-person counseling visits per issue per year at no cost to you. Services also include child care referral, elder care information, and financial and legal consultation.

Call Horizon Health EAP at 1-888-272-7252 (or TTY 1-888-879-8274)
HorizonCareLink.com
Username: city of seattle
Password: city of seattle



General Information

Take Charge! is a general guide to health benefits and healthy behavior. Contact your health care professional with your specific health care concerns.



3 Ways to Perk up When the Pressure's On

When you're faced with a deadline or a tough task, you may feel overwhelmed. Or, You can harness the power of stress to help spur you on toward your goal. That's right, stress can be powerful. "Good" stress, also called *eustress*, can be highly motivating.

1. Live in the moment. Professional athletes, musicians and others whose work requires great focus describe times when hard work seems effortless. Some people call this being "in the zone." How do you know if you're in the zone? You're so engaged in what you're doing, you're unaware of time passing. Immerse yourself in the present moment's work, and you'll free your mind to do its best.

2. Pace yourself. A marathon runner who goes all out for the first few miles may not reach the finish line. Get rest, eat, take breaks and work at a pace that is comfortable for you. Maintain your energy, and you'll be less likely to panic when the going gets tough.

3. Meet challenges. People who see adversity as a challenge than as a roadblock are more likely to succeed at stressful work. Believe in your abilities to succeed, don't be afraid to make mistakes, and ask for help when you need it.